Today's Practice

total - L1:3400@1:13:30, L2:3400@1:17:40, L3:2900@1:12:30, L4:2700@1:14:40

Warmup

total - L1:600@15:00, L2:600@15:00, L3:600@15:00, L4:600@15:00

@ 15:00 15:00 15:00 15:00

200 Free

2x 100 Choice kick/swim by 50

4x 50 Free pull

2x Preset

total - L1:500@9:10, L2:500@10:00, L3:500@10:50, L4:500@13:20

per round - L1:250@4:35, L2:250@5:00, L3:250@5:25, L4:250@6:40

100 Choice 50 kick / 50 swim

@ 1:50 2:00 2:10 2:40

75 Choice 50 drill / 25 swim

@ 1:20 1:30 1:35 2:00

50 Choice swim

@ :55 1:00 1:05 1:20

25 Choice fast

@ :30 :30 :35 :40

2x Kick set

total - L1:900@21:00, L2:900@22:00, L3:600@16:40, L4:600@18:40

per round - L1:450@10:30, L2:450@11:00, L3:300@8:20, L4:300@9:20

6x 75 Kick 25 easy / 25 medium / 25 hard

@ 1:45 1:50 2:05(4x) 2:20(4x)

Main Set

total - L1:1200@24:20, L2:1200@26:20, L3:1000@25:20, L4:800@22:40

200 Kick

@ 4:10 4:30 5:10 5:50

200 IM

@ 3:30 3:50 4:30 5:10

2x 100 Kick

@ 2:10 2:20 2:40(1x) 3:00(1x)

2x 100 IM

@ 1:50 2:00 2:20(1x) 2:40(1x)

4x 50 Kick

@ 1:10 1:15 1:25 1:35(2x)

4x 50 IM IM order by 50

@ 1:00 1:05 1:15 1:25(2x)

Post Set (if time permits)

total - L1:200@4:00, L2:200@4:20, L3:200@4:40, L4:200@5:00

4x 50 Odds - 3 turn; evens - scull/swim

@ 1:00 1:05 1:10 1:15